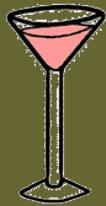
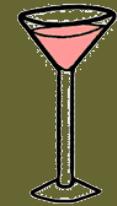


# ALCOHOL





# ***WHAT IS ALCOHOL?***



- \* *Alcohol is the MOST ABUSED drug by Soldiers.*
- \* *Alcohol is a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquor.*
- \* *Alcohol is a Central Nervous System (CNS) depressant.*
- \* *Alcohol is considered to be a gateway drug to other drug use*

# ***WHAT IS ALCOHOL?***

\**A standard alcohol drink is considered to be:*

- ☒ *One 12-ounce bottle of beer*
- ☐ *One 5-ounce glass of wine*
- ☐ *1.5 ounces of 80-proof distilled spirits.*

\**Alcohol is also known as:*

- ☐ *Booze*
- ☐ *Juice*
- ☐ *Sauce*
- ☐ *Grog*
- ☐ *Pis*



# ***WHAT IS BLOOD ALCOHOL CONTENT (BAC)?***

- \* ***Blood Alcohol Content (BAC)*** - *The amount of alcohol present in a 100 milliliter (mL) volume of blood.*
  
- \* *The BAC is related to the users:*
  - *Body Weight*
  - *Metabolism*
  - *Drinking Speed - Someone that 'chugs' their drink will have a higher BAC than someone that 'sips' the same amount of alcohol.*

# **EFFECTS OF ALCOHOL AND BAC**

**.02 - .03 BAC** - No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.

**.04 - .06 BAC** - Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. **.05 IS THE LEGAL LIMIT IN THE U.S. ARMY.**

**.07 - .09 BAC** - Slight impairment of balance, speech, ~~vision~~, and reaction time. Judgment and self-control are reduced, caution and reason are impaired. **IN MOST STATES THE LEGAL LIMIT IS .08.**

**.1 - .125 BAC** - Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, ~~vision~~, reaction time, and hearing are impaired. **IT IS ILLEGAL IN ALL STATES TO OPERATE A**



# **EFFECTS OF ALCOHOL AND BAC**

**.13 - .15 BAC** - Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

**.16 - .20 BAC** - Dysphoria predominates, nausea begins to appear. The drinker appears to be a "*sloppy drunk*".

**.25 BAC** - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

**.30 BAC** - Loss of consciousness.

**.40 ≤ BAC** - Coma, and possible death due to respiratory arrest.

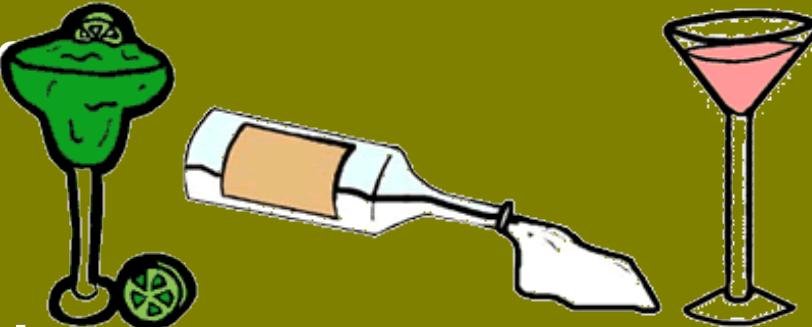
# ***IMMEDIATE PHYSICAL EFFECTS***

- Slurred Speech
- Slow Reactions
- Irregular Pulse
- Blurred Vision
- Loss of Inhibitions
- Dizziness



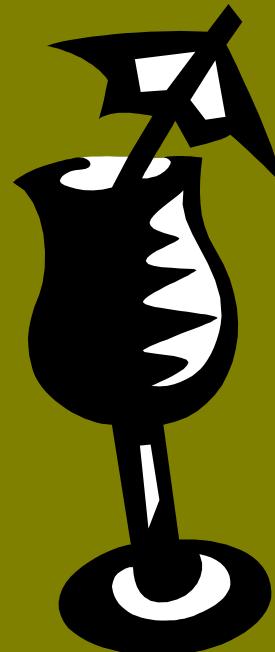
- Staggering
- Nausea/Vomiting
- Impaired Motor Skills
- Enlarged Heart
- High Blood Pressure
- Unconsciousness

# ***PHYSICAL SIGNS OF USE***

- Dilated Pupils
  - Irregular Pulse
  - Enlarged Heart
  - Alcohol Odor on Breath
  - Nausea/Vomiting  
Slow Reactions
  - High Blood Pressure
  - Unconsciousness
  - Dizziness
  - Slurred Speech
  - Blurred Vision
  - Overdose/Death
- 

# ***LONG TERM EFFECTS***

- ※ Vitamin Deficiencies
- Skin Problems
- Loss of Muscle Tissue
- Sexual Impotence
- Stomach Damage
- Small Intestine Damage
- Loss of Feeling in Hands/Feet



- Pregnancy Complications
- Liver Cirrhosis/Cancer
- Heart Disorders
- Blood Disorders
- Lung Disease
- Brain Damage
- Death

# **ALCOHOL WITHDRAWAL**

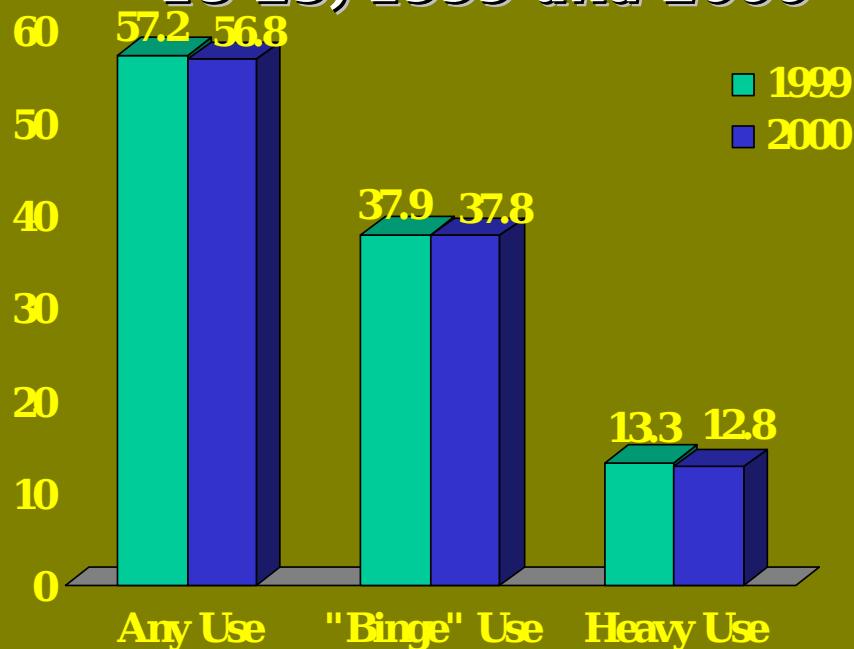
- *When a alcohol dependent person stops consuming alcohol they may experience withdrawal symptoms:*
  - *Auditory Hallucinations*
  - *Paranoid Behavior*
  - *Body Trembles, “The Shakes”, this can occur as early as 12 hours after the last drink.*
- *The alcohol dependent person may also show minor signs of withdrawal:*
  - *Agitation*
  - *Profuse Sweating*
  - *Nausea/Vomiting*
  - *Incoherent Speech*

# **ALCOHOL WITHDRAWAL**

- *The addicted individual can also suffer extremely serious, and sometimes fatal, side effects of alcohol withdrawal:*
  - *Delirium Tremens (DTs) - A disorder involving sudden and severe mental changes (psychosis) or neurologic changes (including seizures) caused by stopping the use of alcohol.*
  - *Alcoholic Psychoses, when the addicted person is scared of imaginary small animals, and horrible sights and sounds.*

# ***ALCOHOL USE IN THE UNITED STATES***

*Percentages Reporting Past Month Alcohol Use,  
Past Month "Binge" Alcohol Use, and Past  
Month Heavy Alcohol Use Among Persons Aged  
18-25, 1999 and 2000*



*2000 National Household Survey on  
Drug Abuse*

# ***ADDITIONAL RESOURCES***

- *<http://www.erowid.org/chemicals/alcohol/alcohol.shtml>*
- *<http://www.niaaa.nih.gov/>*
- *<http://www.health.org>*
- *<http://www.sayno.com/alcohol.html>*
- *<http://www.alcoholics-anonymous.org/>*
- *<http://www.al-anon.alateen.org/>*



# UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS



For more Information Contact:  
**ACSAP**

E-mail: [upl.acsap@usadaoa-emh1.army.mil](mailto:upl.acsap@usadaoa-emh1.army.mil)